

## THE INNER LIGHT TECHNIQUE

<http://homepages.ihug.co.nz/~inner/>

The Inner light Technique is an unusual acupressure technique that has been used since ancient times (of prehistoric origin) to channel vital energy directly into the brain and mind.

The effects of practising the technique regularly, on a daily basis, differ from individual to individual, but several general results appear over time.

Levels of health and vitality improve. Awareness of the external world and our inner mental universe improve, generating spontaneous insights and realizations about reality.

## OPERATION

1. The eyes are closed and kept closed. (remove contact lenses, if worn)
2. Place the index (first) finger of either hand on the centre of your forehead.
3. Place the tips of your thumb and middle (second finger) on the bone of the eye socket at the outside edge of each eye.
4. Gently squeeze the thumb and middle finger together so that they press against the outer side of each eyeball. The pressure should be just firm enough to hold the eyes steady.
5. Maintain a gentle pressure on the sides of the eyeballs, and concentrate on observing the light patterns that you see inside your head.
6. When finished, slowly reduce the pressure on your eyeballs to nothing, and remove your fingers. Keep your eyes closed for a few more seconds to allow them to adjust to external vision.

## THE INNER SUN

Physically, the inner light appears first as hazy patterns of coloured light and darkness.

With continued practise, a glowing ball of golden light set against a darker background is experienced.

When you are able to see the inner sun regularly, you will have reached a higher level of internal energy.

At this stage, you will have the potential to begin to channel the creative energy you are seeing into manifesting your dominant thoughts and desires as physical experiences in your future life!

For a start, simply observe the light as you practise. In particular, be aware of any signs of a centre in the light patterns.

Don't worry about whether it is a centre of light or darkness, each is "one side of the same coin"

When you practise the technique by simply looking at the light, you are using what I call a passive mode of viewing the inner light.

By consciously keeping your awareness directed to the inner light, you are tuning your mind into a higher level of energy.

Although your first images of the inner light may sometimes be very hazy and indistinct, at some time, you will inevitably have a "peak experience" of the inner light.

You will see a burning orb or sun of golden (greenish yellow) light set against a darker background.

Once you have seen the inner sun, you will know beyond a shadow of a doubt that the inner light is real.

Yet, it is only the first step on the journey to your chosen destiny, to the future of your choice.

'After practising the Inner Light technique for some time, my "peak experiences" began to change and become more intense.

At the centre of the inner sun another darker area would appear, giving the sun the appearance of a torus or "doughnut" of light.

In turn, at the centre of the torus would appear a star of intense white light, shining like a diamond.

As I continued to practise, the light began to change and move, centres of light and darkness forming inside each other, and expanding outwards as halos of light and darkness from a central point.

In other words, I found myself looking into a tunnel of light and dark bands, receding and curving into the distance.

After years of daily practise, I began to move and travel into, and through, incredibly beautiful tunnels of coloured light.

I don't intend to describe the feelings and effects that this experience brings, or to try and convince you of your own ability to see these things.

Neither do I expect you to devote years of practise in the off chance that you may have a similar peak experience.

Fortunately, I have discovered a simple but effective technique that is guaranteed to give you the same experience in your first few practise sessions!"

I call it The Afterglow Technique

## THE AFTERGLOW TECHNIQUE

### INTRODUCTION

The first step to begin traveling in the light is developing the ability to see a center in the inner light.

The Afterglow technique provides a definite structure to the inner light, to give you a "target" to focus your attention on.

It is important to understand that the technique is only an aid to learning the art of relaxed concentration on the centers in the inner light.

When you have mastered the inner light technique, you will be able, at times, to see the inner light in daily life without the need to practice any technique at all.

When you close your eyes, the darkness is never absolute, even in the dead of night.

There are always variations in the degree of blackness, hazy regions and dim patches of glowing phosphenes.

This is the usual (passive) display state of the inner light.

However, when you learn to consciously focus on and observe the inner light, you can quickly develop the ability to see ever-changing details, pictures and perspectives in the inner light. (active display state)

To practice the Afterglow Technique, simply look steadily at a glowing light bulb for a few seconds, just before you practice the inner light technique.

Tilt your head to place the glowing light bulb in the center of your vision.

Now, observe the after- image of the light bulb as you close your eyes and practice the inner light technique.

In particular, concentrate your attention on the center of the after- image as it gradually fades away.

This ability to steadily focus on the center in the light is developed with practice, and will carry over into other areas of your life, improving your attention span, willpower, and concentration.

As the after-image fades, it will change in appearance and a new center will appear in the light, stabilize and change again, light into darkness, then darkness into light.

Seeing this regular alternation between centers of light and darkness is the second step towards traveling in the light.

When you are able to see the centers in the light, concentrate your attention more and more on observing and focusing on "the exact center" of the center

Practice trying to see finer and finer details in the structure of the center, as if you were peering down a microscope.

You will find that new centers of light and darkness form more rapidly in response to the degree of concentration and focus you are able to achieve.

Keep reminding yourself whether the center you are viewing is one of light or darkness, and mentally repeat the words 'light ' and 'dark' each time you become aware of a transition between the two.

This 'rate of formation' of centers in the light is a measure of the speed with which you are capable of traveling in the light.

As you accumulate more internal life force by practicing the inner light technique regularly, you will begin to see a series of two, three or more alternating halos of light and darkness, set inside each other.

You are now poised to begin moving in the light!

The next step to master is the ability to see the light in three dimensions rather than as a two dimensional screen of light.

This depth perception will develop naturally as you time goes on, (with daily practice) but can be first induced by consciously trying to perceive the inner light in terms of distance and perspective.

Whenever you view centers of light and darkness, mentally place the smaller central regions behind and further away than their surrounding halos according to the laws of perspective.

With practice, you will begin to see the light as a tunnel, composed of alternating bands of light and darkness, receding into the distance.

The final step is to consciously feel yourself moving into the tunnels of light.

Again, this will occur naturally with daily practice.

Initially, when you see new centers forming and expanding into halos, consciously imagine that the light itself is stable, and that it you, rather than the light that is moving.

Try to look 'beyond' the light, towards a more remote horizon, and always search for smaller, more distant centers

Remember that you will have plateau's and peaks of experiencing the inner light, and that when you have practiced and mastered the necessary skills, you will feel more intense sensations of movement and acceleration in the light.

These feeling will provide the proof (if required) that you can indeed travel beyond the usual limitations of your life in the external world.

When you feel yourself moving in the light, mentally repeat a key word ( I use the words "I'm traveling...I'm traveling..) to link the experience in your mind.

It seems to help to try and appreciate the sheer beauty of the colors and detailed structure of the inner light, and consciously recall your peak experiences at times, to fix the events in your memory.

I have been traveling in the light, on a daily basis, for some years now. I have learned how to control the speed and direction of movement and how to 'jump' from one tunnel to another.

But my experiences of traveling in the light raise compelling questions for me....Where is it that one is moving?.....and what is it that moves?

The answers to those two questions came to me as internal realizations, as experiences of the elevated mind states that practicing the inner light technique spontaneously generates.

How ever, putting them into words and concepts that anybody can understand has proven to be a greater challenge...

This text presents the basic information you require to see and travel in the inner light.

It is a vital, fundamental part of developing the ability to change your world of personal experience, to change your future destiny.

It is one thing to become aware of the creative power center within you, but quite another to be able to channel and control that power, to project it out into the world around you

The Inner Light Technique will change your life, or rather, alter the rate of change in your life, automatically without any conscious input from you, so long as you continue to practice it on a daily basis.

However, with the right tips and techniques, this process of change can be placed, to some extent, into your own hands.

I have spent decades studying and practicing the Inner Light Technique on a daily basis, also searching out and experimenting with other methods of empowerment and self transformation.

These experiences and insights have been distilled, over time, into a network of core concepts, tips, and techniques.

And, I am more than happy to share this body of knowledge with those that can appreciate it.

Please feel free to contact me If I can assist you with further information .

UPDATE 2005

' The journey continues.....

' I've always been a practical person, and I have kept searching for ways to use the inner light technique to make particular changes in my life, beyond simply developing my awareness and internal energy. (powerful as that is)'

'We all live in the material world, and each of us has our own desires and goals in life, that we strive to fulfill. '

' Now, thanks to inner guidance, I am able to offer you another powerful tool that will assist in manifesting these future experiences. '

'I have taken the basic structure of the inner light, (halos of light and darkness set inside each other) and developed a video display that is designed to bio-entrain your mind into a Deep Theta brainwave frequency.'

'Embedded subliminal messages (personalized to your individual life situation),are included in the video.'

'By simply viewing the video for 15 minutes a day, you can use the power of your Subconscious mind to effortlessly ( well,... almost :-) ) move towards your objectives.'

'If you are interested in a demonstration video, please feel free to email me on the following link-'

[inner@ihug.co.nz](mailto:inner@ihug.co.nz)